

QC

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

C.J. ANDERSON

Gina French Is Not A Waste of Roofies

I was standing in line at the bank. There were five tellers lined up their till and one in her six. The young woman seemed to be missing twice as fast as her co-workers with clenched teeth and a fake smile. Despite the supping line 30 people deep, the elderly folk continued working at their relaxed pace and the girl's suppressed rage continued to simmer. As I waited I passed the time creating a backstory for her — one where she was actually a horrible person and that was some version of absolute hell she had already earned.

Her fabricated backstory stuck with me. I had just become a father and as result of my wife and I were. I felt like adulthood was so slowly dragging me down the stairs. As I start of writing what would become *Gina French Is Not A Waste of Roofies*, it was easy if not alarming how many of my own insecurities and worries began pouring onto the pages.



C.J. Anderson

Gina French is no middle class no one can get. While working as a commercial editor, she narrowly escapes a sexual assault but when questions are asked people's true opinions of her are revealed, leaving her bitter, controversial and unable to return

to work

After receiving second-hand information from a co-worker she begins shambling over the whereabouts of an escaped convict and the financial reward and fame becomes her immediate goal.

It's not easy writing a character so broken down, fueled only by anger and paranoia but I committed — cutting my sleep in half and dealing my outline for months until my own health failed me. (Try writing while attached to a heart monitor sometime.)

Thankfully I realized my dream of legitimate publication when *Grainstrong*, Simcoe's *Knoxton Press* purchased the book, saving me the financial burden of self-publishing.

I'm proud of my *Knoxton Press* contract. I'm proud of *Gina French* is not a Waste of Roofies. It's a slow moving crime thriller drenched with inner dialogue. But leaves readers wondering how everyone involved got so far removed from their original selves. I'm proud of *Gina French* the character. My only real goal was to make someone so grey area that the readers would sit in the pages from their own interactions with common people. Looking me with feedback ranging from "I want to hug Gina French" to "I hate that Gina French."

Available at all *Southdown Bookstores* (Knoxton, Midway, Joliffe, Oxford City, 800 Street, Simcoe and Cornwall) and online at *Amazon.ca* (ISBN: 9781551661066)



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Muna De Osman's family arrived in Regina 21 years ago as refugees from Liberia. (QC PHOTO COURTESY OF IRYN TUSHABE)

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Home smoked bacon can be healthy or toxic, make your own bacon and you won't look back. (WASKESIAH POST PHOTO BY SHELBY MURRAY)

QC COVER PHOTO BY IRYN TUSHABE

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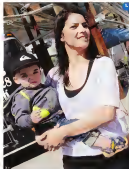
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ON THE SCENE

PILE O BONES BBQ CHAMPIONSHIP

Regina welcomed some of the top pitmasters from across Canada and the United States for the Pile O Bones BBQ Championship, held June 12 to 14 in the City Square Plaza. In addition to tantalizing food, the event featured live music, educational demonstrations, beer, live beer and a rib-eating competition. The pitmasters used low, slow, Southern-style barbecue techniques to transform tough cuts of meat into succulent, tasty dishes. All cooking was done with charcoal and wood. No propane or electric cookers were allowed. The Pile O Bones BBQ Championship was billed as "the largest professional BBQ competition in Saskatchewan history."

GC PHOTOS BY MICHAEL BELL



1. Kaitie Ptas and Corissa Isaac

2. Cornelius Sanchez, Rob Zentgraf and Maddy LePage

3. Mizzel carried by Trevor McRabb

4. Brooks Lundgren and Travis Remelshausen

5. Carmen, Madison Jeff and Brooklyn Moore



6. Ross Olson, Luke and Tina Denabuben

7. Chryenne Redekovic and Gayleann Porensak

8. Jackie Linn, Garet Shih and Kaitie Remelshausen

9. Taylor Nelson and Christine Kouts

10. Stephanie Bonwell and Dave Thomson



ON THE SCENE



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LEADER-POST

ON THE COVER

I always say Regina chose us. We didn't choose Regina. — Muna De Ciman

MUNA DE CIMAN

Fresh start for family in Saskatchewan

By Iryn Tushabe

Muna De Ciman stood beneath the towering Honouring Tree — a 30-metre high stainless steel kinetic sculpture here in Regina's Wascana Park. The star-shaped points atop the monument sparkled in the afternoon sun, casting a shimmering reflection on the surface of the still lake waters in the distance.

"It's called the Honouring Tree because it signifies the contributions made by our ancestors — the black people who came here before us," she said.

"It signifies hope for the cultural diversity we now enjoy."

As she sat down, De Ciman talked about life in the North African country of Sierra Leone where she grew up. She remembered how community elders held important discussions under large trees. When it got too hot, as it often did, the village folk would sit on the ground, their backs to the sun.

"The honouring tree is like and it's food and it gives us rest," she said, adding the sculpture in Wascana Park was erected in 2001 as a towering reminder of the strength of community.

De Ciman and her family arrived in Regina 25 years ago as refugees. They had been living in Liberia for a while when civil war broke out in that country, forcing them to seek refuge in Ghana. It was from there that they applied to immigrate to Canada through the federal government's refugee resettlement program.

"I always say Regina chose us. We didn't choose Regina," De Ciman said.

"Our resettlement workers thought Regina was the best place for us because we had kids."

It wasn't long after that African immigrants in Saskatchewan were few and far between at the time and the De-Cimans stood out. But she was determined to make a fresh start for her family. So she ventured out to the



Muna De Ciman displays a calendar by a non-profit organisation — Daughters of Africa — of which she was a founding member. (COURTESY OF IRYN TUSHABE)

Regina Open Door Society (RDDS) where she took a course in public care. She made friends and built connections through community events.

By the time winter came, transferring the city to look and feel like the inside walls of her newly acquired

detached house, De Ciman was already determined to make this place home. There was no looking back.

"It took time to settle down but after I started networking and making myself available on busy nights, I started to feel like I was becoming

a contributing member of the community."

In giving back to the community, De Ciman took an online listing of businesses. That feeling has only grown stronger with time.

Today she serves on various

boards including as board chair of the Saskatchewan African Canadian Heritage Museum, and director of the Regina Multicultural Council. That's all in addition to her full-time job as a youth counsellor at the Paul Dwyer Youth Centre.

Mina is always there. If something happens to us, she's here ... It would be too hard without her
—Kawthar Kuku



Mina De Garmatun along the sidewalk during a celebration of International Women's Day on the Albert Street bridge in Regina on March 8. GC FILE PHOTO BY MICHAEL HILL.

Kawthar Kuku is one such woman.

Kuku is originally from Sudan but a civil war in that country displaced her family to a refugee camp in Ghana — the very same one where De Garmatun previously lived.

In 2006, she was resettled in Regina. At the time, she knew not a single word in English, making it hard to access services or find a job to support her family of five children and a

mother-in-law.

"I'd apply for jobs and no one would call me back because I couldn't speak English," she explained.

De Garmatun came to Kuku's rescue, she said.

"She came directly to us and she told us Regina is a great place to live and if we work hard we'll be happy here," said Kuku, sitting in her small, two-room Regina house.

"And we are."

De Garmatun helped Kuku find a job as a cleaner. After initial English language classes at RORR, Kuku is now focusing her literacy skills at Saskatchewan Polytechnic, before enrolling in a certificate program that would allow her to start a career in the same institution.

When she talks about the role De Garmatun played in helping her family, Kuku's face lights up.

Mina is always there. If something happens to us, she's here. A lot

of things we don't know how to do, we call her," she said.

"It would be too hard without her."

But now would be hard pressed to put De Garmatun to admit that she is helping Kuku.

"I don't like saying I help people because what we do is we empower people to help themselves," she said.

"And in the process we help ourselves, too."

De Garmatun speaks fluently of such family she has worked with living raised six children of her own, she can't help but relate when she sees families who are struggling.

That's how 17-year-old Mogisha Asha'ad has ended up living in De Garmatun's south Regina residence even though his mother is only minutes away at the city's north end.

She's like a second mom to me. I'm not trying to compare her with my mom, but she just never gives up on anybody
—Mugisha Asharuf

Asharuf is originally from the Democratic Republic of Congo but grew up in Texas before moving to Regina in 2008.

Initially, he and his mom also lived in the south end life made friends in the neighborhood and at the schools he attended. When his mom decided to move to the north end, Asharuf couldn't blame the absence of leaving the network of friends he'd made at St. Martin Lebasille High School. Fortunately he has one of his closest friends as De Cuman's youngest son, Chas.

"So one day Chas lures me up and he's like, 'No my mom needs help selling food at some festival' and I was like, 'Sure, why not?'"

"And that's how it started off. She treated me the same way she treated Chas and also paid us for the work."

Asharuf grew closer to the family and when he expressed his concerns about having to change schools, De Cuman said he was welcome to live with her so he didn't have to switch. Chas's older brother, Joe, had just moved out and there was a spare bedroom that Asharuf could occupy.

"She's like a second mom to me," Asharuf said. "I'm not trying to compare her with my

mom, but she just never gives up on anybody."

At the De Cuman residence, Asharuf has learned more than just paid to do his share of household chores, he said.

The De Cuman kids are so successful in life because as they are in sports.

At 22 years old, Joe is an integral member of the Calverado State Rams basketball team for whom he plays guard positions. He is at the same time following in his father's footsteps and will on his way to becoming a doctor. Joe's younger brother, Chas, is equally smart and athletic. He hasn't decided which sport to focus on when he graduates from high school, but excels in both football and basketball.

Asharuf looks up to both brothers. They have given him the sharpness of what he wants and the steady determination to pursue it.

"They all work so hard and it's rubbed off on me," said Asharuf, who isn't doing too bad himself in Grade 10 and in basketball. "It makes me look at things differently. I'm so lucky to have known them at this time in my life."

In response to the positive influence she has been on Asharuf and other kids like him, De Cuman simply said, "It takes a village."



Muna De Cuman showed off an award she won for her community involvement. (a photo by Mike Tisdale)

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IN THE CITY

JUNE 13, 2015 — 4:05 P.M.

Fun on campus



International student Chantel Ochoa (right) laughs and laughing while Isha Marian smiles during a walk around the University of Regina campus on Saturday. GC PHOTO BY MICHAEL BELL

ASK ELLIE

'Girlfriend' needs to be given an ultimatum

Q: My "girlfriend" of four years doesn't want to be more than just buddies. Her father and educational were both control freaks, so she values her independence more than a long term relationship.

We live separately, but sleep together on weekends and travel together. She has adult children, I don't.

I'd like to live together — we'd both save money if we shared the expenses.

Also, when she gets older she'll always have her kids, while I'll have no one (we're late-40s, I've got thinking about).

I care a lot for her and am lonely without her. We have sex and occasional companionship, but not much intimacy.

Fuzzy Relationship

A: Tell her how you feel about her. Then give her an ultimatum.

Tell her that her thinking that you'll eventually try to control her, as a result and out of fear.

She chose a man with the same dominating trait as her father. YOU are not that man.

If she doesn't change her mind, move on. Hanging on will just become more frustrating.

PS: Don't mention the money angle. That should be a bonus, not the reason.

Q: I was pregnant when I discovered my husband was cheating. We decided to not separate. I'll be headed with our baby so he could be a better father to him.

A business associate was attentive to me but we didn't start our affair for another year. He married in business with his wife.

We cheated, he'd planned to leave her any way and now would. These two set a "date" for our new life together. I'll never happen.

I lived with this man for two years, mostly feeling overwhelmed. Then one day it came clear that I had to end it. My son is now 10, and that son is still with his wife-having affair affairs.

Single Mom

A: Good for you for unangling yourself. But you need to say whether 10 years later, you've found a partner.

Forget that man. He was a selfish, dishonest, and filthy slob who will be to not take part of his business. He played with your heart and mind shamelessly. Just there are many decent guys out there.

Be open to meeting new people (he is not in your life).

Q: My wife and I have made the first steps of separating after she cheated, but we're living in the same house till we agree on finances and child custody and prepare the house for sale.

She's dating the man she cheated with,

Ask Ellie



what she thinks is free because he's a "billionaire" father?

I've dated a few women through online sites but am getting threatening messages from my wife that my "lifestyle" could affect custody issues.

I'm reluctant to move out and lose equal rights to our house as an asset. But the wife's stress is huge.

Unhappy Housemates

A: You need clear legal information on your rights regarding custody and marital assets.

Do not be so easily threatened. If she's doing, you can do. Just be discreet, and don't bring home any of these dates when you're just getting to know.

Push forward on your separation agreement. It's worth a lawyer's fee to not live in his house in a hostile atmosphere together.

It's also an unhealthy environment for young kids.

Move out even temporarily as soon as possible without waiting months to sell the house.

You'll be able to work on making your children feel secure again, in a different, but peaceful situation.

Q: Born after our son was born, my wife became a workaholic and climbed the corporate ladder. I felt I had to find a way to work from home.

She stayed out late, fought with me, and controlled the budget since she earned more. And travelled when she chose.

I don't know if she has or had lovers, other than her job and her massive ego, but I can't take it anymore.

I worry about our three kids who've grown up with tension and an absent mother.

Finished

A: It's time to get your act together about your life, both as a father and as an individual.

Get professional guidance to make a plan that is realistic, and to regain your confidence to take charge of your life.

It's clear that you're considering whether to separate. Meanwhile, start a fitness regime to boost your energy and self-esteem, and look for ways to incorporate both your work life and your relationship with your kids.

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GARDENING

GARDENING

How to make your garden drought-proof

By Erl Svendsen

While it's too early to say we're facing a drought in parts of the Prairies, droughts are a regular occurrence in this region and sooner rather than later we'll be facing long stretches of low precipitation.

Amend the soil with organic matter (compost or manure), especially if it's sandy to help retain water as well as to enrich the soil with essential nutrients. Make sure the organic matter has been composted sufficiently to kill weed seeds and diseases.

Cover bare soil with 10 to 35 cm of organic mulch. Mulch not only reduces surface evaporation, it keeps the soil cool (reducing plant stress) and smothers weed seedlings. Organic mulch breaks down and you will need to top dress your beds every 3 or 4 years. For flower plants in the vegetable garden, consider using black (or red for tomatoes) plastic mulch to really reduce water loss and control weeds.

Use deep irrigation (wicking boxes) to irrigate your flower, shrub and vegetable beds (place under mulch layer). Water is applied right where it's needed with little evaporation. Water early in the day so when it's hot and dry plants can draw up the water they need to stay hydrated and to cool themselves through evapotranspiration.

Infrequent deep irrigation (supplying three times as much water once per week) encourages deep root formation, allowing plants to reach water at depth, whereas shallow rooted plants rely on surface moisture and are more likely to be under stress as soon as the soil starts to dry and the soil temperature rises.

Keep your weeds under control. Weeds not only detract from the beauty of your garden, they also suck up water, steal nutrients and crowd out your ornamental plants. Also control pests and diseases as these put additional stress on your plants, making them less able to respond to drought.

Choose naturally drought-tolerant plants. Many of our native prairie plants are drought tolerant and water-efficient or waterwise. Look for plants with deep roots, succulent leaves or hairy, silvery leaves. One strategy some plants use to survive drought is succulence — the



A yard landscaped with drought-tolerant trees, plants and mulch. [astrowilliams.com](#) And [Habitat for Humanity](#).

The following is a partial list of native (N) and introduced (I) drought-tolerant plants:

Trees: Asian maple (1), but oak (2), choke-cherry (3), green oak (2), Minnesota maple (2), Russian olive (1), Scots pine (1), lodgepole pine (2), Colorado spruce (1), malspinese fir (1) and Sa-berian larch (1).

BUSINESS

EVERY DAY IN THE

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GARDENING

Worship and vernal clematis (G. ligustica) (N), lantana (N), blue-eyed-lily (N), pansy (N), blue (G) clematis (N), purple rose (N), petunilla (G), anemone berry (N) and blackberry (G), silver and Cuckoo butterfly (N), Virginia creeper (G) and white yew (N).

Perennials: artemisia (G), beebalm (A.K.A. monarda) (G), black-eyed-dragon (A.K.A. rudbeckia) (G), delphinium (G), dianthus (G), echinacea (N), bell (G), galium (N), iris (G), hosta (N), lady's-slipper (G), lupine (A.K.A. purple gillyflower) (N), lily (G), salvia (G), statice (G), yarrow (N) and thistle (G).

Grasses: tall-blade grass (G), big bluestem (G), blue wildgrass (G), blue and white flowers (G) and Karl Foerster feather reed grass (G).

Annuals: cosmos (G), marigold (G), rose clematis (G), marigold (G) and annual verbena (G).

Herb: thyme (G), rosemary (G), sage (G) and basil (G).

Announcements
In celebration of National Gardening Day there will be a guided walking tour of the Potters' Garden Arboretum in Saskatoon on June 19 beginning at 11 a.m. See Potters' Arboretum website for details: <http://pottersarborum.com/saskatoon/visitors/tours.php>

GardenLine is open for the season to solve your garden problems 306-996-5865, gardenline@sask.ca.

This column is provided courtesy of the Saskatchewan Horticultural Society (www.saskhort.org). Contact: barbara@pottersarborum.com. Check out the Bulletin Board Calendar for upcoming garden-related events. Potters' Arboretum is located at 2730 Highway 101 and 2730 Highway 101. Open Monday and Tuesday 10 a.m. to 5 p.m. (June 17).



Galliera (A.K.A. daisy-like flower) is a beautiful shrub and perennial. Photo by Mark Bissett.

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MUSIC

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COUNTRY MUSIC

Poverty Plainsmen back from a long break

By Ashley Martin

When Doni Smith left a guitar at the family farm on southwest Manitoba in 1993, his baby brothers wanted no time getting their hands on it.

Mark Smith, 33 and Sean, 8, learned songs of The Eagles, Garth Brooks and Jim Croce from "guitar made easy" books.

"The instrument 'was way too big for me,'" says Sean, "so I'd try it on my lap and I figured out how to play chords."

Sean considered that method again in 2005 after a car accident in northern Alberta left him paralyzed from the chest down.

The Poverty Plainsmen, the band the Smith brothers co-founded in 1987, were coming back from a show in High Level when their van rolled.

"Right after it happened I was really going to (and) optimistic to develop a way to play again," says Sean, the band's former bassist. "I think I'm still trying to figure that out as a way."

Wednesday, when the Poverty Plainsmen took The Pump stage in Regina for the first time in eight years, Sean will perform on an acoustic and maybe the harmonica.

As for guitar, "I think it's probably never going to get to be as satisfying as it was, with something in front of me, in terms of a guitar. I don't feel naked up there," he says. "It's just frustrating that my abilities don't meet the standards that I once had. But I'm trying to live that up."

"And he had high standards," Mark interrupts. "Higher than we."

Having fun is what matters most — that goes for the whole band, which also features brother Brian Kelly (bass, vocals) and Anthony Kelly (lead guitar, vocals). Doni (guitar, vocals) died of cancer in 1993, aged 35.

"We've got two sets of brothers that are pretty vocal," jokes Mark,



When the Poverty Plainsmen last toured in 2007, their lineup consisted of Doni Smith, Anthony Kelly, Sean Smith, Mark Smith, Brian Kelly and Doni Kelly.

who plays rhythmic guitar and songs lead.

"I think a lot of our songs about music, life," Brian, the older Kelly adds.

"We're kind of out from the some (and) we're in the some," says Sean.

"We're from here and come from the country," says Mark.

"Started out with nothing, chased cows," Sean says.

They all laugh.

"Half the band now," says Brian.

When Mark and Sean got together with Doni and Brian, they were in 1987. Their plan was one gig only. However, they played the Palace Hotel in Regina, Sask. They played Alberta and Natty Gritty Darts (band cover,

the only ones in the bar without costumes). Sean was 16 in Grade 11.

"We didn't have instruments to do it all time," says Mark.

They just wanted to go to get better in their instruments.

"It took on a life of its own," says Sean.

The next 10 years, they played The North 40 in Brandon, an Air-aid country bar.

Then we thought we were pretty good," says Sean.

Those days, from the Poverty Plainsmen of Manitoba "played far and away 30 years straight after that," says Mark, who moved to Regina in 1993.

The band toured from Thunder Bay, Ont., to Prince George, B.C. (Doni

time they were on the road 60 weeks in a row).

The Kelly brothers had a similar start as music.

"We just wanted to get better," says Brian, who previously played with Shifty Monks, which was the Saskatchewan Country Music Award for group of the year in 2004.

When the Poverty Plainsmen took a hiatus in 2007, the band had won that award a record seven times.

"There was a band called Wyatt that was kind of an our short shot for the last while, but I'm not sure if they caught on or not. But if they did, congratulations," Mark says, laughing.

(Indeed, Wyatt has won every year since and now has eight SCMAAs.)

The Poverty Plainsmen decided in 2007, with three albums under their belt, to take a hiatus. They'd planned on a year before they knew it seven had them by.

"But when we played together, it felt like we never stopped," says Mark. "I'm very happy that don't still an audience out there that wants to come and listen to us."

Catch the Poverty Plainsmen Wednesday at The Pump and Saturday at the Moose Jaw Music Festival.

For more information, visit Facebook.com/povertyplainsmen or Twitter.com/povertyplainsmen.

Sobeys Liquor

1060 Pasqua Street North



**SWIPE YOUR AIR MILES
COLLECTOR CARD FOR
YOUR CHANCE TO
WIN A SCOOTER!**

Plus enter for your chance to

WIN!

1 of 6 Great Prizes!

\$500 Sobeys Gift Card

**5 Litre Tommasi Amarone 2010
Collector's Bottle**

4 Saskatchewan Roughriders
Pilsner Place Tickets

Mike's Hard Lemonade Mini Cooler

👉 American Vintage Jambox

- Mission Hill Pizza Stone

**GRAND
OPENING**
10 A.M.
Friday, June 10

FREE to first 100 Customers:

100 AIR MILES
reward miles 🍷

**SAVE
\$3**

Absolut

24⁹⁹

**SAVE
\$6**

Pilsner

54 x 355 ml. Case

38⁹⁹

Crowe
Royal

Canadian Weekly
234 L

35⁹⁹
 35.99
 35.99**SAVE
\$6**

Coors Light
14.5 fl. oz. Can

3899

**30%
SAVE**

**SAVE
\$6**

Free BBQ! Friday & Saturday, 12 p.m. to 5 p.m.

Bad Light Apple Sampling with the Bad Light Girls

Friday 10 a.m. to 2 p.m., Saturday & Sunday, 12 p.m. to 4 p.m.

Sobeys Liquor Rochdale
1060 Pasqua Street North

EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

MUSIC

Wednesday, June 15

Gypsophile and Enter Haze
Jazzfest
7 p.m. Duke Hall, 2153 College Ave.

Wednesday Night Folk
Bradford
Buchwalter, 2205 Dewdney Ave.

The Poverty Platters
The Pump, 641 Victoria Ave.

The Allay Ganga
Lozooks, 2330 Albert St.

Quin Jam
8-10 p.m. Eastview Community Centre, 602 6th Ave.

Alan Pangman songwriting workshop
8-10 p.m. Creative City Centre, 1543 Hamilton St.

LimboRex, Library Voices
The Exchange, 2431 Eighth Ave.

Udney White
Jazzfest
Artful Dodger, 1631 11th Ave.

Thursday, June 16

The Heavyweights Brass Band
Jazzfest
7 p.m. Buchwalter, 2205 Dewdney Ave.

Live music
Folklodge, 1532 South St.

Band Similes, Service
McNelly's, 2205 Dewdney Ave.

Kamoko
8 p.m.-2 a.m. The Slip, 306 Albert St.

Storie Bar
Artful Dodger, 1631 11th Ave.

Alan Pangman
Jazzfest
7 p.m. Cave, 1920 Victoria Ave.



Suburbanian performs at Cavern Bar on Saturday. photos.leadpost.com

Friday, June 17

Live music
4-7 p.m. Mermaid Lounge, Hotel Saskatchewan, 2125 Victoria Ave.

Christina Jensen-Sig Band
Jazzfest
7 p.m. Duke Hall, 2153 College Ave.

Weekly Drums Circle
Instruments provided
7:30-9 p.m. The Living Spirit Centre, 3016 Dunsen Rd. SE
Mile, 3-6-552-3997.

Method 2 Madness
McNelly's, 2205 Dewdney Ave.

Swami, Arrivals in My Heart
Artful Dodger, 1631 11th Ave.

Kamoko
8 p.m.-2 a.m. The Slip, 306 Albert St.

Government Town, Josh Gonzalez
The Exchange, 2431 Eighth Ave.

Wildfire
The Pump, 641 Victoria Ave.

Open Acoustic Jam
7-10 p.m. Broadway's Lounge, 1307 Broadway Ave.

Live music jam
All types of music welcome
Hosted by Errol Kinsman
4-8 p.m. The Slip, 306 Albert St.

Little Miss Higgins
Jazzfest
7 p.m. Ramsay Plaza, 1618 Victoria Ave.

Behind the Songs
Songwriters circle featuring
Kiljo Christie, Jen Lane and

John Antonuk
8 p.m. Creative City Centre, 1543 Hamilton St.

Method 2 Madness
McNelly's, 2205 Dewdney Ave.

The Millionaire's Sons
8 p.m. Crowdside Pub, 3215 Eastgate Dr.

Susan Aglukark
Celario Regins Show Lounge
1868 Saskatchewan Dr.

The Woodstock
The Arboretum, 3527 13th Ave.

Sevensdrives, Senny Dream
The Exchange, 2431 Eighth Ave.

Kamoko
8 p.m.-2 a.m. The Slip, 306 Albert St.

Sunday, June 21
Father's Day Jazz Brunch

Kamoko
8 p.m.-2 a.m. The Slip, 306 Albert St.

Open mic
Artful Dodger, 1631 11th Ave.

Tuesday, June 22

Kamoko
McNelly's, 2205 Dewdney Ave.

Shrednik, Fall City Fall
The Club at the Exchange
2431 Eighth Ave.

Kamoko
Artful Dodger, 1631 11th Ave.

The Archies, The Florals, Eric Campbell, The Dirt
Artful Dodger, 1631 11th Ave.

VISUAL ART

Pop Up Downtown Walking Tour (half hour)

This public art installation series creates a dynamic, visible, cultural experience in the heart of our city and aims to encourage public engagement through artistic intervention.
June 17, noon
June 18, noon
Meet on side walk at 1543 Hamilton St.

Dimensions
The Saskatchewan Craft Council's biennial juried exhibit features work in ceramics, textiles, metal, glass and mixed media.
Awards ceremony: June 19, 7 p.m.
CHER Art, 95 Mackenzie Art Gallery, 3475 Albert St.

Illustrated: A Celebration of Handmade Homes for Birds, Bees, Butterflies and Bats
An array of handmade birdhouses and homes for butterflies and bats will be on display and for sale by artists and makers from Saskatchewan and beyond. In addition of New Denon Horizons' Second Gardens Tour.

Until July 13. Double tour by Yellow Headway, 7075 Grand St.

EVENTS

What you need to know to plan your week.
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Bazaar

Annual outdoor arts show and sale.
June 20, 10 a.m.-5 p.m.
MacKenzie Art Gallery, 3475
Albert St.

It's All a Process

This exhibition features the work of three Saskatchewan artists who draw their inspiration from nature. Debbie Black, David Ward and Hazel Zahra.
Until June 29 Art Gallery of Regina, 3420 Saskatchewan St.

Associated Topography of Place

André Philip Bonenfant's wood-mounted images are inspired by a 1962 project by Fluxus artist Daniel Spoerri. Haput Gallery, Creative City Centre, 1643 Hamilton St.

Bird in The Hand

Featuring works by Heather Clark, Sam Ann-Slack, David Gurness, Marsha Kennedy, Christine Koway and Anita Rosemary.
Until July 4, Meta Gallery, 106-2300 Errol St.

Both: Division

The albumen, ever-expanding, work-in-progress of the renowned Canadian cartoonist Seth Dominion embodies the confluence of many circumstances post-Depression and Second World War era, when the North American economy expanded, manufacturing boomed, and many cities were characterized by levels of civic engagement rarely seen today.
Until July 9, Dunkin Art Gallery - Central Branch, 239-2223 Ave.

Heather Bennett Rural Art Practices

Until July 11, Slater Fine Art Gallery, 2076 Halifax St.

Little Big Red Gun Show by Dick Leisling

An exhibition of handmade and fully-functional military and farm equipment and tools in advance of Howe Place Gun Show. Secret Gardens Theatre.



The annual Bazaar Sales place (in or close to the MacKenzie Art Gallery grounds on Saturday. QC/LEADERPOST.COM/PHOTO BY JEFFREY LEE

Until July 12, New Dance Harbour, 2227 Hawke St.

Summer in the Trenches in Contemporary Canadian Film Art

The Artists of Scott Nicholson Film Arts.
Until July 31, Regina Centre Crossing, 1621 Albert St.

A Sublime Vermeer: The Landscape Paintings of Leifur Einarsson

The first overview of the extraordinary career of Leifur Einarsson (1916-1974), an immigrant painter who sold thousands of works of art of essentially the same landscape painting in silver, parks, resorts, department stores and bars across Western Canada from the late 1930s through the early 1950s.
Until Aug. 9, MacKenzie Art Gallery, 3475 Albert St.

David Thibault: Road Trips and Other Diversions

This exhibition presents a di-

namic installation examining key themes and working processes, developed throughout Thibault's more than 60 years as a maker and thinker.

Until Aug. 23, MacKenzie Art Gallery, 3475 Albert St.

Next on Ground

4203-1054, South St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Nowcast Gallery

2146 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Rose-Colored Glasses

Swimmers, with a dash of fiction, this exhibition, curated by University students, includes artworks that forge unique pathways into the imaginary. Until Sept. 7, MacKenzie Art Gallery, 3475 Albert St.

Oakland Oil and Fine Arts

Oil and paint portraits by Chinese artists Lingtao Jiang and Huayin Tian.

2212 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Pass the Hat

June 19, 9 p.m.
The Club at the Exchange, 2631 Elphinstone Ave.

The Laugh Show

Live stand-up every Saturday night, 9:30 p.m.
Ramsdale Hotel, 1816 Victoria Ave.

PERFORMANCE

Conscience Struck's Gary and Owen: Man At Work

June 17, 8 p.m.
Casino Regina Show Lounge, 1840 Saskatchewan St.

Mary Poppins

Until June 21
Globe Theatre, 801 South St.

Book Launch & Reading

Port Lorne and Reading Series

with Catherine Farwick, Sarah Wells and Elaine MacArthur

June 23, 7 p.m.
Creative City Centre, 1643 Hamilton St.

Living Poets Society

Spoken word open to all night every Tuesday, 9 p.m.
Hudson Lounge, 2103 Broad St.

QUEEN CITY PRIDE

Visit prideqc.org for more info.

QC Pride Awards Gala

Featuring performances by Heather Mullay, Megan Lank, and Empress of Canada. Awardees Dinner.
June 17, 8 p.m.
Executive Royal Hotel, 4205 Albert St.

Hams That Tune

Music, TV's & Drag Show
June 17, 8 p.m.

Q Nightclub & Lounge, 2070

Errol St.

Q Nightclub & Lounge
June 17, 9 p.m.

Q Nightclub & Lounge, 2070

Q Nightclub & Lounge, 2070

Q Nightclub & Lounge, 2070

Q Nightclub & Lounge, 2070

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EVENTS

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Drag Show
June 20, 8 p.m.
Q Nightclub & Lounge, 2010
Broad St.

**No Q Without You/Trade
Lectures**
June 20, 10 p.m. - 3 a.m.
Q Nightclub & Lounge, 2010
Broad St.

The Hangover Party
June 21, 130 p.m.
Cathedral Frothhouse, 3052
Albert St.

GLSR Wind Down/Barbecue
June 21, 5 p.m.
Q Nightclub & Lounge, 2010
Broad St.

Decks/Dance Party
Hosted by Pile O' Bones Roller
Derby
June 21, 7-9 p.m.
Calleo Curling Club, 2325 Sen-
den Schreiber Way

DANCING

Salsa on the Plaza
Every Thursday, 7-11 p.m.
City Square Plaza, downtown

Seniors dance
June 19 & 4-8 p.m.
Eastview Community Centre,
415 6th Ave.

Mixes One Club Dance
Featuring Leon Clark
June 18 p.m. - midnight
Regina Senior Citizens Centre
2134 Winthrop St.

Old Time Barn Dance
Musical Barn Bunch & The
PolkaPals
Cash bar and cold buffet
lunch. For tickets, \$25, call
709-495-3436.

Historic Ball
June 18 & 9 p.m. - midnight
Historic Ball Ball, one kilometre
north of Indian Head on
Highway 56

Freestyle dance
Regina Ballroom Dancing Club
June 20, 7:30-10:45 p.m.
Lakeside United Church Hall,
3300 McCullum Ave.

**Contemporary Singles Social
Club dance**
June 20, 8:30 p.m. - 1 a.m.



The Queen City Pride parade happens Saturday at noon downtown. qcpridephoto@mcgill.ca

**Explosive Club Hall, 1600 Halifax
St.**

SPORTS

**Regina Red Sox vs. Swift
Current**
June 16, 7 p.m. Centra Field

**Saskatchewan Roughriders
vs. Calgary**
June 15, 1:30 p.m.
Mosaic Stadium

HRW Grande Live
High Impact Wrestling featuring
HRW's Superhealer Lash
June 19
Hampden Club 1925 McKee
St.

Martoonies
June 20-21
Moonlight Brewery (visit
www.reginamartoonies.com
for directions)

Proline Gold Senior Lacrosse

Heat vs. Impact
June 20, 7 p.m.
Watson-Parker Arena, 1127
Armstrong St. N.

**Pile O' Bones Derby Club
roller derby**
June 20, 7 p.m.
Calleo Curling Club, 2325 Sen-
den Schreiber Way

Regina Red Sox vs. Yorkton
June 20, 7 p.m. Centra Field

Proline Gold Senior Lacrosse
Heat vs. Impact
June 20, 10:30 p.m.
Alliottville Arena, 1230 Lindsay
St.

Regina Red Sox vs. Melville
June 21, 3 p.m.
Cormie Field

Regina Red vs. TED
WECF Proline conference
semi-final
June 21, Mosaic Stadium

FOR FAMILIES

Runners and Striders
Wednesday, 7 p.m.
Climax/Oldman Southland
Mall, 3025 Gordon Rd.

Drop-in crafts and games
Free event for youth aged
5-10. Thursday, 4-6 p.m.
Eastview Community Centre,
415 6th Ave.

Drop in Indoor Playground
Friday 9-11 a.m.
South Lakes Centre, 130
Sunset Dr.

Disenchant!
Fighting the Wickedest Evil Dag-
gers, gnomes, orcs, princesses
and more. \$10 per person. Family
of four \$35. Buy tickets at the
museum shop or call 360-781-
7271.

June 19, 8:30-9:30 p.m.
Royal Saskatchewan Museum,
2445 Albert St.

**Mom and Tot Board Meet-
ings**
Hosted by Kate Murray, 304-
210-3511
Friday, 10-11:30 a.m. Early
Learning Family Centre, Sewell
College, 3360 11th Ave.

Build and Grow Clinics
Build a special feature project.
For children ages 5 and up
Saturday, 10 a.m.
Lewes, 4555 Gordon St.

Machinist Kids Club
Saturday, 10 a.m. - noon
2066 Prince of Wales Dr.

Family Favourite Films
Enjoy a Favourite Film for just
\$2.50
Saturday, 11 a.m. Galaxy Cin-
emas, 420 McCordy Blvd. W.

Family Fun Day
All abilities play structure,
holograms, live bounce, face

painting, balloon-creating,
mascots, the track, and more.
Hosted by Downtown
Optical Club
June 20, 11 a.m. - 3 p.m.
Bik Hansen Optical Play-
ground, McCarthy Blvd and
42nd Ave.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre,
2950 Powerhouse Dr.

Family Studio Sandeja
Sunday, 3-4 p.m.
McKenzie Art Gallery, 3475
Albert St.

Parent and Preschooler
Jungle Gym
Monday, 9-11 a.m.
All Rivers Family Wellness
Centre, 445 34th Ave.

Science Time for Kids
Interactive workshop aimed
at early learners
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre,
2950 Powerhouse Dr.

Drop-in crafts and games
Free event for youth aged
5-10. Tuesday, 4-6 p.m.
Eastview Community Centre,
415 6th Ave.

MUSEUMS

Alma Youak School Museum
1600 Fourth Ave.
Yours by appointment only
(306-523-3000)

Chris Museum of Regina
1275 Broad St.
Tuesday-Friday 10 a.m. - 4 p.m.
Saturday-noon - 4 p.m. Closed
Sunday and Monday

Regina Floral Conservatory
1505 4th Ave.
Open daily, 10-6:30 p.m.

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m. - 5 p.m., daily

**Saskatchewan Military
Museum**
1600 Glenrose St.
Open Monday and Tuesday,
7:30 a.m., or by appointment
(306-347-1324)

EVENINGS

Government House Museum & Heritage Society
4607 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre
2607 Dewdney Ave.
Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum
1365 Ross Ave.
Tour by appointment (306-777-7714)

Saskatchewan Science Centre
2503 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays noon-6 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
2025 Winkler Ave.
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends

OTHER HAPPENINGS

Carnegie's Pagan Progress Show
June 17-19, KinexPlace

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

RCMP Sergeant Major's Parade
Weekdays, 12:35 p.m.
RCMP Depot Division, 5400 11th Ave.

All Nations Healer's Arts
Learn to play music, dance and perform in theatre-based workshops: cultural teachings and employment workshops for people ages 13 to 22 on a Friday:
Wednesday-Monday and Tuesday, 5-7 p.m. (supper 6-8 p.m.)
YWCA, 1940 McIntyre St.

Annual General Meeting
Saskatchewan English Speech

etc. Inc.
June 17, 5:30 p.m.
Saskatchewan Express, 2272 Prowse St.

Reunite on the Baseball on the Plains
Author Phil S. Dixon, a historian and founding member of the Negro League Baseball Museum in Kansas City, will recount the games the Kansas City Monarchs played in Saskatchewan, as well as the history of African-American ball players from the area who participated in the Negro League.
June 18, 3 p.m.
Regina Public Library Central Branch, 231 - 12th Ave.

Design in community: impact of ideas
June 18, 7:15-8:45 p.m.
Heritage Community Association, 100-1054 18th Ave.

National Aboriginal Day event
Hosted by the Circle Project & Friends, free cultural activities, live entertainment, children's activities and free barbecue supper.
June 18, 2:30-9 p.m.
Grosche Playgrounds, Commerce Street and 3rd Avenue

Salute for Life
June 19, 7 p.m. (until June 20, 7 a.m.)
Daugles Park, 2020 McDougall St.

Climb Out of The Darkness
June 20
Daugles Park Hill

African Pop Festival
For 120, several bands make African style and feel the best with music from around the continent. Dance party at 8 p.m., concert 8-9 p.m.
June 20, noon-midnight
Cornfield des plaines, 3850 41st Ave.

Orange
Art gallery of Regina Fundraising, Regina top staff

present culinary creations inspired by orange. Tickets are \$40 in advance and \$45 at the door. Call 306-322-5640
June 20, 8-11 p.m.
Art Gallery of Regina, Neil Ballwin Civic Arts Centre, 2420 Elphinstone St.

Servery Pints PubTrivia
Every Sunday 2 p.m.
The Lanesman, 4529 Gordon St.

ChewyChew Challenges
Dive in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Rustan Plaza, 545 Albert St. N.

FILM

Genie
Alicia, a 17-year-old African-American teenager, juggles coming to terms with her identity and risk friendship, heartbreak and family in an adoption search for sexual expression.
Wednesday

Matt Shepard is a Friend of Mine
Documentary
Directed, produced and edited by Mitchell Jossat, a friend of Matthew Shepard, a 21-year-old college student who was killed and beaten to death in October 1998.
Thursday-Friday

'71
Genre
'71 Unleashes the harrowing one-night odyssey of young soldier Gary Hook (Jack O'Connell), who becomes separated from his unit in after a riot in the streets of Belfast.
Thursday-Sunday

The Tin Drum
Genre
Genetz, Germany, 1954. Oskar Matzka is born with full maturity on his third birthday, he refuses to grow older and rebels society. Caught in parental childhood, Oskar lives out with screams and frantic poundings on his tin drums, while the world marches into the chaos of the Second World War.
Saturday-Sunday



Phyllis Smith, Amy Poehler and Mindy Kaling provide voices for the animated film *Inside Out*. Smith opens in studios' Regal QRTTY at 10 a.m. full-length

day, he refuses to grow older and rebels society. Caught in parental childhood, Oskar lives out with screams and frantic poundings on his tin drums, while the world marches into the chaos of the Second World War.
Saturday-Sunday

Regina Public Library Theatre
231 12th Ave., 306-777-504

O-Day 2012: Humanity 1944
Documentary
On June 6, 1944, the largest Allied operation in the Second World War began in Normandy.

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

encounter while sharks, sea turtles, mermaids and other iconic creatures of the sea.

Inside Out
Documentary
An inspiring and eye-opening look at one of the world's oldest and most enigmatic cities. Destroyed and rebuilt countless times over 3,000 years, Jerusalem's enduring appeal remains a mystery. The film follows three young Jerusalemis and their families — Jewish, Christian and Muslim — as archaeologist Dr. David Margalit explores some of the most extraordinary historical sites in the region. Narrated by Benedict Cumberbatch.

Regal QRTTY
231 12th Ave. Dr.
306-777-5029

NEW MOVIES

Inside Out
Family/Animated
Riley (Quinn-Cole) experiences emotional turmoil as her dad moves their family from the Midwest to San Francisco. Her emotions — Joy (Amy Poehler), Anger (Lewis Black), Fear (Bill Hader), Disgust (Mindy Kaling) and Sadness (Phyllis Smith) — are locked in conflict in this Headquarters, the control centre of Riley's brain, over how to deal with it.

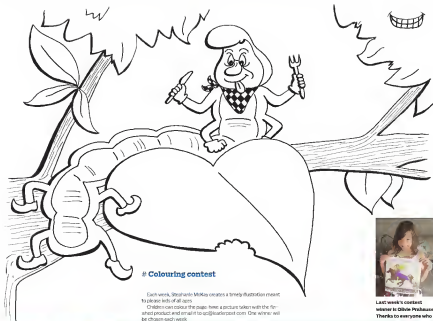
Galaxy Quest
420 McCarley Blvd. N.
306-522-9096

Chester's Golem
Southland Mall Cinema
3025 Gordon Rd., 306-545-3353

Rainbow Cinema
Golden Mile Shopping Centre
3804 Albert St., 306-38-5750

Fourth Day on the Moon
A true story about a woman who was the first woman to walk on the moon. The film is a documentary about the life of the woman who was the first woman to walk on the moon.

OUTSIDE THE LINES



Colouring contest

Each week, Strawberry Milk creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to cp@leaderpost.com. One winner will be chosen each week.



LAST week's contest winner is Olivia Probaus.
Thanks to everyone who submitted entries.



THE ULTIMATE
Combo

With Wendy's Ultimate Canadian Combo you get it all in a *Macaroni* with lots of *bees* and *juices*.

VISIT US AT THESE REGINA LOCATIONS:
 • 2103 VICTORIA AVENUE EAST • 308 ALBERT STREET
REGINA, SASKATCHEWAN AND SASKATOON, SASK.



Wendy's

#CROSSWORD

NEW YORK TIMES Edited by Moll Stewarts

ACKNOWLEDGMENTS

1. *Seller*
2. *school of thought*
3. *custodial imperium*
4. *Wicker's partner*
5. *metaphor* (2)
6. *Demos of Clinton's cabinet*
7. *Peasant mother*
8. *Medical aide*
9. *Directional transference*
10. *ACADE*
11. *Scout*
12. *Scenes of review*
13. *commentary as paper documents*
14. *film featuring M. Aumot*
15. *Crozier Williams*
16. *man in a cloak and hat*
17. *hair rubbing* (2)
18. *Pretoria*
19. *M. Aumot's role in 24-ACT*
20. *long arms*
21. *WED 4.2-4.30, partly-inducing members of M. Aumot*
22. *Therapy lost on the Spanish side*
23. *See 39 Aumot*
24. *Summaring*
25. *friend of Fayon*

CHEN ET AL.

52. *What film by An Anoussi*
53. *What is "The*
54. *result of capital*
55. *Noted director/fest*
56. *Greek words*
57. *Greek-Egypt*
58. *Kind of damage*
59. *My native to beef or*
60. *Caustic substance*
61. *Things checked by*
62. *Pincamp*
63. *Johnson of comedy*

PLAY BY EVERY MOUTH

JANRIG
CLASSIC
SUDOKU

Level: 2000

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver (hardest).

Solution to the crossword puzzle and the Sudoku can be found on page 29.



Want the Real
Beauty Benefits
of Collagen?
Generate It. Don't Eat It!

BioSil Advanced Collagen Generator Clinical Trial Results

- Reduces Fine Lines and Wrinkles
- Increases Skin Elasticity
- Thickens and Strengthens Hair
- Strengthens Nails



By now you know Adding body collagen directly reduces wrinkles, increases skin elasticity, and adds vital moisture to your skin Indirectly, collagen thickens and strengthens your hair You may also know that collagen production slows by 1% per year after the age of 21 Can you gain it back? Yes But not by eating collagen You see, collagen is a protein When you ingest it, your body breaks it down, like any other protein, and uses it as food When you want the real beauty benefits of collagen, you have to generate

BioSil® generates collagen by activating the collagen producing cells in your body known as fibroblasts. It is clinically proven to increase collagen formation. In fact, in the clinical trial the women taking BioSil® reduced wrinkles by 30%, increased skin elasticity by 89% and thickened and strengthened their hair by 13% compared to women not taking BioSil®. So when you want genuine visible results from collagen, generate it, don't eat it. Experience the beautiful difference for yourself!



Dr. Marita Schauch, BSc ND
debunks myths about collagen "crisis,"
heavy industry promises and plastic surgery
to show you how and why healthy and
generative collagen is an essential component
of true health and beauty in her newest book
Collagen Myths & Misconceptions



FREE BOOK
with purchase of BioSil[®]
WHILE SUPPLIES LAST

Exclusively at Health Food Stores
and Select Natural Pharmacies

 store locator and more info **PNO.CA**

RECIPE

Tips for home-smoked bacon

By Jim Shahin

Before the smoking step, you'll need to soak a cup of apple wood chips (applewood) or hickory or cherry wood chips in water for one hour. And you'll need an instant-read thermometer.

The spice mixture can be refrigerated up to three days in advance. The bacon needs to cure in the refrigerator for seven days, the rinsed, drained bacon needs to dry in the refrigerator for eight to 36 hours. The smoked bacon can be refrigerated for up to one week or frozen for up to three months. The cured, smoked bacon needs to be refrigerated for at least four hours and up to one week.

Savory Smoked Bacon

Makes 40 thin slices

- > 2 1/2 lb (11 kg) skinless pork belly
- > 2 tbsp (30 mL) kosher salt
- > 2 tbsp (30 mL) coarsely ground black pepper
- > 1 tsp (5 mL) dried cayenne leaves (dried cayenne 2 tsp/10 mL, fresh cayenne leaves, rinsed and dried)
- > 1 1/4 tsp (15 mL) ground cayenne pepper
- > 1/2 tsp (12.5 mL) ground allspice
- > 1/4 tsp (1 mL) cayenne powder
- > 1/2 tsp (12.5 mL) pink curing salt (optional)

Instructions

1. Remove the belly and dry it thoroughly. Trim it so that it faces a long rectangle.
2. Combine the kosher salt, black pepper, thyme, cayenne pepper, allspice, cayenne powder and pink salt, mixing in a glass bowl. (1.5-1.8 cup bag. Add the pork belly and seal, pressing out as much air as possible. Massage to distribute the curing mix evenly. Refrigerate for 7 days, turn out the bag over once a day.
3. Drain the cure from the meat, and pat the meat dry with paper towels. Let the meat dry in the refrigerator for 8 to 36 hours.
4. Prepare the grill for indirect heat. If using a gas grill, turn the heat to high. Clean the chips and put them in a smoker box or foil packet packed with a few fork holes to release the smoke. Set it between the grate and the briquettes, close to the flame. When you see smoke, reduce the heat to medium-high (450-500°C).



Keep it simple when making your own bacon, advises Jason Slary, who owns a deli/casual in Washington, D.C., which specializes in house-cured and smoked meats. *WINEPAINT* POST PHOTO BY SCOTT SIMONIAN

5. Turn off the burners on one side of the grill using a charcoal grill. Light the charcoal or briquettes. When the briquettes are nearly distributed there on one side of the grill. For a medium hot fire, you should be able to hold your hand 6 in. (15 cm) above the coals for 4 or 5 seconds. Roast the wood chips over the coals.
6. Place the pork belly on the in direct heat side of the grill. Close the lid and cook/smoke for 1 hour. Slide an instant-read thermometer into one side of the belly when the bacon is done. Its internal temperature should register 150°F (65°C). It is so below that, smoke for about 30 more minutes. But don't worry about the exact internal temperature of the meat, you are just giving it smoke for flavor.
7. Transfer the slab of bacon to a cutting board once it has cooled completely. Wrap it in an airtight bag and refrigerate for at least 4 hours and up to 1 week. Before using, set the bacon in the freezer for about 30

- minutes (frozen bacon is easier to slice).
8. Fry thin slices in a shallow cast-iron skillet over medium heat for about 4 minutes per side, until crisp. Drain on a paper towel-lined plate.

Sweet Smoked Bacon

Makes 40 thin slices

- > 2 1/2 lb (11 kg) skinless pork belly
- > 2 cup (50 mL) molasses
- > 1/2 cup (125 mL) dark brown sugar
- > 2 cup (50 mL) kosher salt
- > 1/2 cup (125 mL) unsweetened apple cider
- > 1/2 cup (125 mL) bourbon
- > 2 tsp (10 mL) coarsely ground black pepper
- > 2 tsp (10 mL) pink curing salt (optional)

Instructions

1. Rinse the belly and dry it thoroughly. Trim it so that it forms a long rectangle. Score the exterior surface to add to flavor or grease it.

2. Combine the molasses, brown sugar, kosher salt, cider, bourbon, black pepper and pink salt, if using, in a gallon-size (3.8 L) zip-top bag. Add the pork belly and seal, pressing out as much air as possible. Massage to distribute the curing mix evenly. Refrigerate for 7 days, turning the bag over once a day.
3. Remove the cure from the meat and pat dry with paper towels. Let the meat air dry in the refrigerator from 8 to 36 hours.
4. Prepare the grill for indirect heat. If using a gas grill, turn the heat to high. Drain the chips and put them in a smoker box or foil packet packed with a few fork holes to release the smoke, and set between the grate and the briquettes, close to the flame. When you see smoke, turn the heat to medium-high (450-500°C). Turn off the burners on one side.
5. If using a charcoal grill, light the charcoal or briquettes, when the briquettes are nearly distributed there on one side of the grill. For a medium

- hot fire, you should be able to hold your hand 6 in. (15 cm) above the coals for 4 or 5 seconds. Scatter the wood chips over the coals.
6. Place the pork belly on the in direct heat side of the grill. Close the lid and cook/smoke for 1 hour. Slide an instant-read thermometer into one side of the belly when the bacon is done. Its internal temperature should register 150°F (65°C). If it is below that, smoke for about 30 more minutes, but don't worry about the exact internal temperature of the meat, you are just giving it smoke for flavor.
7. Transfer the bacon to a cutting board. Once it has cooled completely, wrap the slab of bacon in plastic wrap and refrigerate for at least 4 hours and up to 1 week. Before using, set the bacon in the freezer for about 30 minutes (frozen bacon is easier to slice). Fry thin slices in a shallow cast-iron skillet over medium heat for about 4 minutes per side until crisp. Drain on a paper towel-lined plate.

WINE WORLD

Belgian brewer answers call for gluten-free beer

By James Romanow

Summer time and the living is full of beer. Face it, you're going to spend at least some time soon sitting outside soaking up sunshine and sipping some beer. Unless, of course, you are gluten sensitive.

The very first trike owner I got as a house expert was from a man whose life had become completely miserable due to Oshac disease. Virtually everything he loved was off the menu. No beer.

Such a bowl of existential pain was heart-rending, and the Helge heard his cry and felt his pain. No one in the borders of Belgium could conceive of a life so empty that it must be beer-free. Behold the product of their labours, a ghastly free beer that deserves at least a Nobel prize. (After that moment, one to Mother Teresa!)

Presenting Mlingono, a beige brewer with an African complexion. The founder's grandfather gave him her recipe for palm beer, which was his only possession when arriving in Belgium in 1988. He used it as the inspiration for the flavoured brews of the company (African beer uses different sources of starch, so often has completely different flavours).

Morgan Pilsner is a very nice beer. It's not as sharp as a Czech pilsner but it has more pale than most Canadian brews. The grain source is pure malted barley — organic and also fair trade, apparently the world's first fair trade is

A photograph of a bottle of San Geronimo beer and a glass of beer. The bottle is dark with a green label that has 'San Geronimo' written on it. The glass is filled with a golden beer and has a thick head of white foam. The background is a blurred landscape with green hills and a body of water.

Molecular Cloning-Free Polymerase Chain Reaction (PCR)

Unexpected wine in Monday's paper. Non
organizational staff on Twitter sidebar.

Crossword/Sudoku answers

R	L	K	A	I	S	M	M	O	P	T	O	N
D	O	T	N	S	H	A	L	A	L	E	W	E
A	S	T	I	C	I	T	I	Z	E	N	N	A
P	L	T	T	H	R	E	A	D	S	H	R	E
T	H	E	T	H	R	D	M	A	N	A	N	D
S	K	N	G	A	S	E	N					
T	A	I	L		H	A	R	R	E	L	I	N
O	R	S	T	H	E	W	A	R	O	F		
T	H	E	W	O	R	L	D	S				
S	H	I	A		T	O	U	C	H	O	F	E
M	A	S	T	A		P	R	I	E	S	T	A
O	R	S	N	W	E	L	L	E	S		E	T
A	P	U		T	E	N	S	I	L	E		P
L	Y	E		I	D	S		A	S	S		A

5	9	3	1	6	7	4	8	2
1	2	4	9	8	3	5	7	6
8	6	7	2	5	4	1	9	3
3	4	9	6	1	2	7	5	8
7	8	1	4	3	5	6	2	9
6	5	2	8	7	9	3	1	4
2	7	5	3	9	6	8	4	1
4	3	8	7	2	1	9	6	5
9	1	6	5	4	8	2	3	7



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Ridgeport Perfect Sleeper

This Serta® Pillow Top Mattress Sleep Set has Serta® Pillow Top Self-Firm, 1" Serta® Support Frame, Serta® Cool Touch® 2" Gel Memory Foam, individually wrapped Serta® Pocket Coils, and latex edge foam encased in latex, no innerspring coil.

<div>Twin-Size</div> <div>\$699⁹⁹</div> <div>as low as \$249 Cents</div>	<div>Double-Size</div> <div>\$749⁹⁹</div> <div>as low as \$249 Cents</div>	<div>Queen-Size</div> <div>\$799⁹⁹</div> <div>as low as \$249 Cents</div>	<div>King-Size</div> <div>\$1099⁹⁹</div> <div>as low as \$399 Cents</div>
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